



Helping You Live Better

COVID-19 Special News Bulletin

Letter from *Dr. Brown*

Dear Patients and Friends

In light of the current COVID-19 pandemic, we would like to reassure you that the safety of our patients is our primary concern.

We adhere strictly to universal precautions and take every measure to prevent infectious disease transmission in our practice. We would like to reassure you that it is safe to receive treatment in our office.

During this unprecedented time right now, it is critical to do what you can to minimize the stress and worry that this outbreak is causing. Moving your body, walking, stretching, prayer/meditation, deep breathing exercise, listening to your favorite music, and honestly, stepping away from your social media feeds and the television from time-to-time to allow your mind rest from the worry.

We ask patients who can answer YES to any of the following to please notify us and reschedule your appointment for at least 14 days in the future.

- Have you traveled domestically or internationally in the last 14 days?
- Have you had contact with someone that is infected with or suspected to have COVID-19 or Coronavirus?
- Do you have a fever, cough, OR shortness of breath?

There are several supplements that have been proven to support a healthy immune system. These are great to take now, but also during a typical winter season when there is an increased susceptibility to cold and flu viruses.

- Vitamin C
- Vitamin D3 (5000 IU/day and more when feeling sick)
- Zinc
- Selenium
- Elderberry extract

We would like to thank you for your patience and trust in this trying time, and we are happy to answer any questions you may have.

Yours in health

Dr. Brown and Staff





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you
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